

## TAEKWON-DO TRIVIA FOR REQUIREMENT SHEETS

### TAEKWON-DO DEFINITION

Tae – Jumping, flying and kicking with the foot.

Kwon – Denotes the fist, to punch or destroy with the hand.

Do – An art or the way, which means the constant effort of the martial artist to improve in every way of life.

**TaeKwon-Do – The way of the hand and foot.**

### STYLE OF TAEKWON-DO WE PRACTICE

\*The Chan Hun Style.

-**Chan Hun** is the pen name of the founder of our art, General Choi Hong Hi.

-**Based on the 24 patterns, one pattern for each hour of the day.**

-Based on the techniques of

TaeKyon

Soo Bak Gi      Korean Styles

Karate            Japanese Styles

### TAEKWON-DO OATH

1. Members of TaeKwon-Do should have unity together.
2. Members of TaeKwon-Do should respect each other.
3. Members of TaeKwon-Do should strictly observe regulations and obey instructor's commands.

### STUDENTS OATH

1. I shall observe the tenets of TaeKwon-Do.
2. I shall respect the instructors and seniors.
3. I shall never misuse TaeKwon-Do.
4. I shall be a champion of freedom and justice.
5. I shall build a more peaceful world.

### WHY WE WRAP OUR BELTS AROUND ONLY ONCE

1. **To pursue one goal** once it is determined.
2. **To defend yourself with one blow.**
3. **Serve one teacher with unshakeable loyalty.**

### GENERAL INFORMATION

In **1955**, **General Choi Hong Hi** (1918-2002) named the art he invented as TaeKwon-Do. General Choi was born in Korea and his lifelong dream was to see Korea once again unified. General Choi's pen name was **Chan Hun** which translates to "**small cottage**".

COLOR OF BELTS

<b>White Belt</b>	Innocence, having no prior knowledge of TaeKwon-Do.
<b>Yellow Stripe</b>	The seed of TaeKwon-Do.
<b>Yellow Belt</b>	The Golden Earth to which the seed of TaeKwon-Do has been planted.
<b>Green Belt</b>	Growth, the seed has taken root and is growing.
<b>Blue Belt</b>	Heavens, the plant of TaeKwon-Do is growing towards the heavens as it matures.
<b>Red Belt</b>	Means caution, warning the bearer that his or her technique is improving and could be dangerous, and warns the opponent that the bearer is efficient.
<b>Black Belt</b>	Maturity in the art of TaeKwon-Do, impervious to darkness and fear. The artist has learned to walk and now must learn to run.

TENETS OF TAEKWON-DO

A tenet is an opinion, principle or doctrine which a person holds or maintains as true.

<b>Courtesy</b>	To be nice to everyone, respect everyone.
<b>Integrity</b>	Not to tell or live lies, to know the difference between right and wrong
<b>Perseverance</b>	Not to give up, to finish what you begin.
<b>Self Control</b>	To control your actions and emotions.
<b>Indomitable Spirit</b>	To stand up for what you believe in, to speak up when you see something wrong.

THEORY OF POWER

<b>Reaction Force</b>	Using action reaction, one hand helping the other.
<b>Concentration</b>	Putting all your force into a small weapon.
<b>Equilibrium</b>	Keeping your balance.
<b>Breath Control</b>	Letting out a little air with each move.
<b>MassxSpeed<sup>2</sup>=Force</b>	Mass means your weight coming down when doing the move and speed means to do the move as fast as you can. Speed is most important to get the most force.

BASIC KOREAN LANGUAGE FOR THE DOJANG

Instructor	Bu Sah Bum	Color Belt	Gup
International Instructor	Sah Bum Nim	Black Belt	Dan
<b>TaeKwon-Do School</b>	<b>Dojang</b>		
<b>TaeKwon-Do Uniform</b>	<b>Dobuk</b>		
Attention	Charyot		
Bow	Kyung-niet		
Ready	Jhoon-Bee		
Begin	Shi-Jak		
Stop	Goh-Man		
Pattern	Tul		
At ease	Shi-Ot		

NUMBERS

<b>One</b>	(1)	Ha-Na	<b>Six</b>	(6)	Yo-sut
<b>Two</b>	(2)	Dul	<b>Seven</b>	(7)	Il-gop
<b>Three</b>	(3)	Set	<b>Eight</b>	(8)	Yo-dul
<b>Four</b>	(4)	Net	<b>Nine</b>	(9)	Ah-hop
<b>Five</b>	(5)	Da-sut	<b>Ten</b>	(10)	Yul

TRAINING SECRETS OF TAEKWON-DO

- 1) Study the theory of power thoroughly.  
*Reaction Force, Concentration, Equilibrium, Breath Control, Mass x speed (squared) = force. See above.*
- 2) Understand the purpose and method of each movement clearly.  
*Each movement of your pattern (tul), you should know what it's called and what it's used for.*
- 3) To bring movements of hand, foot, eyes and breathing into a single coordinated action.  
*Our movements must all end together at the same time.*
- 4) Choose the appropriate attacking tool for each vital spot.  
*We have to use the correct part of our hands or feet to hit the perfect spot on the opponent.*
- 5) Become familiar with the correct angle and distance for attack and defense.  
*We have to position or move ourselves by hopping or shifting to a spot far enough away and to the right or left so that we can use the weapon on the opponent's weak spots.*
- 6) Keep both arms and legs bent while movement is in motion.  
*In between each movement of our pattern, our knees and arms should be bent and relaxed. Relaxed body moves with more speed.*
- 7) All movements must begin with a backward motion with very few exceptions.  
*Whenever we start a punch, strike or block (and most kicks) the weapon must first circle backward and then forward. The backward motion helps the muscles relax so we have more speed.*
- 8) To create sine wave during the movement by utilizing the knee spring properly.  
*We have an up/down motion when step through to another move. This enables our body to use its weight (mass) coming down with technique to make it more powerful.*
- 9) To exhale with each movement except with continuous motion. We breathe in with each chamber and we must breathe out at the end of each move. Continuous motion is two moves without a pause using only one breath breathing a little out with the first move and the rest with the second move.

## THE PHILOSOPHY OF TAEKWON-DO

- 1) Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.  
*This means that sometimes we take the easier way of doing things because it is easier, when doing it the right way even though more difficult gives you a better result.*
- 2) Be gentle to the weak and tough to the strong.  
*Do not pick on one because they are weaker or kinder than most, but be tough and courageous to the strong.*
- 3) Be content with what you have in money and position but never in skill.  
*Sometimes the only way to earn more money and obtain a better position is by improving your skills. Do not complain about money and position, the only one who can change things is you. The more you go for in life, the more you'll get.*
- 4) Always finish what you begin, be it large or small.  
*Never give up, never quit.*
- 5) Be a willing teacher to anyone regardless of religion, race or ideology.  
*A teacher of TaeKwon-do sees no difference in any two people who want to learn other than their belt color.*
- 6) Never yield to repression or threat in the pursuit of a noble cause.  
*When you are doing something that you know is the right thing to do, be brave and don't let anyone stop you by making you feel ashamed or in danger.*
- 7) Teach attitude and skill with action rather than words.  
*Show your example with your day to day life rather than telling a person how to be.*
- 8) Always be yourself even though your circumstances may change.  
*Be true to yourself, don't try to be someone else and put on an act. Be truthful and people will see it in you.*
- 9) Be the eternal teacher who teaches with the body when young, words when old and moral precept even after death.  
*While you're young, show techniques with your body, as you grow older, you can explain as well as show, and by teaching students, you have made an imprint in their memories that will hopefully be passed down to their students and therefore you will be alive in their memories forever.*

<b><u>STANCE TYPE</u></b>	<b><u>WIDTH</u></b>	<b><u>LENGTH</u></b>	<b><u>ANGLE</u></b>	<b><u>WEIGHT DISTRIBUTION</u></b>
<b>PARALLEL STANCE</b>	SHOULDER WIDTH, LITTLE TOE TO LITTLE TOE	NO LENGTH	STRAIGHT	50/50
<b>WALKING STANCE</b>	SHOULDER WIDTH MIDDLE TOE TO MIDDLE TOE	SHOULDER WIDTH AND ½ BIG TOE TO BIG TOE	FRONT STRAIGHT, BACK 25 DEGREES.	50/50
<b>L-STANCE</b>	1 INCH HEEL TO HEEL	SHOULDER WIDTH AND ½ BIG TOE TO FOOT SWARD	BOTH FEET 15 DEGREES INWARD	70/30
<b>SITTING STANCE</b>	SHOULDER WIDTH AND ½ BIG TOE TO BIG TOE	NO LENGTH	STRAIGHT	50/50
<b>FIXED STANCE (L SHAPED)</b>	1 INCH HEEL TO HEEL	SHOULDER WIDTH AND ½ BIG TOE TO REVERSE FOOT SWARD	BOTH FEET 15 DEGREES INWARD	50/50
<b>REAR FOOT STANCE</b>	NO WIDTH	SHOULDER WIDTH LITTLE TOE TO FOOT SWARD	FRONT 25 DEGREES BACK 15 DEGREES	90/10
<b>LOW STANCE (WALKING)</b>	SHOULDER WIDTH MIDFOOT TO MIDFOOT	SHOULDER WIDTH AND ½ + 1 FOOT BIG TOE TO BIG TOE	FRONT STRAIGHT BACK 25 DEGREES	50/50
<b>X-STANCE</b>	NO WIDTH	NO LENGTH	-	90/10
<b>VERTICAL STANCE (L SHAPED)</b>	NO WIDTH	SHOULDER WIDTH BIG TOE TO BIG TOE	BOTH FEET 15 DEGREES INWARD	60/40

## **SOME OF THE DOJANG RULES**

- 1) Students must bow to the flag when entering or leaving the workout floor of the dojang.
- 2) Students must bow (and say Taekwon) to all Black Belts out of respect of their hard work and knowledge of TaeKwon-Do.
- 3) Students must refer to Black Belts as Sir or Ma'am and answer all questions followed by Sir or Ma'am.
- 4) Students must respect and obey their parents.
- 5) Students must respect all other students and their possessions.
- 6) Conversation is not permitted while instructor is teaching.
- 7) Students must help keep dojang clean.
- 8) Students must get to class on time and try to loosen up before class.
- 9) Dobuks are required starting with student's first test and every class following and dobuk must be kept clean and not worn for anything else other than TaeKwon-Do.
- 10) Students must attend class regularly for their own good (recommendation of at least twice a week).
- 11) Jewelry is not to be worn during class.
- 12) Students or parents should not concern themselves with other students testing.
- 13) Students with a yellow belt or above must have their own sparring gear.
- 14) If sitting, student should stand and bow before asking or answering a question during class.
- 15) When lining up at the water cooler, a lower belt should let all higher belts go first.
- 16) Students should bring their own water to class every time.
- 17) Students should mark their calendars when the dojang plans events.
- 18) Color belt (gup) students should expect between 30 and 40 classes between tests.
- 19) Students should pull their own attendance cards and tie their own belts.
- 20) Students should make sure to use the restroom before class or at water breaks.
- 21) Students should sit on the floor during class rather than chairs and students should not lean against the wall.
- 22) Students should feel free to report unsafe actions of others and ask questions.